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WASHINGTON WIC SHOPPING TIPS



READING YOUR RECEIPT

The WIC receipt might be confusing. Each store's receipt might look a little different, but the same information will always be there. Here's what you can look for:

8 oz	Whole grains
1.75 CTR	Beans, dry or canned
39.5 OZ	Cereal - hot / cold
0 CTR	Peanut butter / beans
30 OZ	Fish - canned

**** End of Beginning Benefit Balance ****

* eWIC Benefit Redemption/Purchase *

0.25 CTR	Beans, dry or canned	
1 S&W RED KIDNEY BNS		1.39

14 OZ	Cereal - hot / cold	
1 NBC CREAM OF RICE		3.49

17 OZ	Fish - canned	
1 CHKN OF SEA TUNA		2.99
1 OPN NAT CHUNK		1.99

****End of Benefit Redemption/Purchase****

+++ Remaining eWIC Benefits +++

8 oz	Whole grains
1.5 CTR	Beans, dry or canned
25.5 OZ	Cereal - hot / cold
0 CTR	Peanut butter / beans
13 OZ	Fish - canned

Benefits Expire MIDNIGHT on 2/31/2019



This section lists the foods available to you before you started shopping. Some foods are listed in ounces, some are called containers, and fruits and vegetables are in dollar amounts. For example:

256.00 OZ	is 256 ounces
16.00 \$\$\$	is \$16.00 worth
3.00 CTR	is 3 containers

This section lists the foods you just bought.

This section lists your remaining balance. These are the WIC foods you have left to buy this month.

This shows the last day you can buy the rest of your WIC foods for this month. Your **next** WIC benefits are available to use at 12:01 a.m. on the next day.

SHOPPING FOR BABY FOOD



FRUITS AND VEGETABLES

256 ounces (oz) = 64 4-oz jars

128 ounces (oz) = 32 4-oz jars

OR



256 ounces (oz) = 32 2-packs

128 ounces (oz) = 16 2-packs



MEAT

77.5 ounces (oz) = 31 2.5-oz jars

**USE THE WIC SHOPPING GUIDE
TO SEE APPROVED BRANDS.**

SHOPPING FOR BEANS OR PEANUT BUTTER

CHOOSE THE RIGHT SIZE!

1 CTR of peanut butter/dry or canned beans =



16 oz

OR



16 oz

OR



15-16 oz cans

BUYING CANNED BEANS

If you choose to buy canned beans then you must buy all 4 cans of beans to get your full benefit.

One can of beans = **.25 CTR**

Two cans of beans = **.50 CTR**

Three cans of beans = **.75 CTR**

Four cans of beans = **1.0 CTR**

SHOPPING FOR WHOLE GRAINS

Enjoy a variety of whole grains! WIC offers oats, whole wheat bread, brown rice, bulgur, whole grain pasta, and soft corn or whole wheat tortillas.

- The total amount of grains you can buy is shown on your Shopping List.
- If you have enough whole grain benefits, you can buy more than one type of grain at a time. For example, if your Shopping List says you have **64 oz of whole grains**, you can buy 4 lbs. This can be divided up many ways. Here's one example:

$$\begin{array}{l} \text{One } 16 \text{ oz bag of brown rice (1 lb)} \\ + \text{ One } 8 \text{ oz package of corn tortillas (.5 lbs)} \\ + \text{ One } 16 \text{ oz box of whole wheat pasta (1 lb)} \\ + \text{ One } 24 \text{ oz loaf of whole wheat bread (1.5 lb)} \\ \hline = \quad 64 \text{ oz (4 lbs)} \end{array}$$



SHOPPING FOR MILK

CHOOSE THE RIGHT TYPE!

- Check your Shopping List to see how much milk you can buy and what type: fat-free, 1%, 2%, or whole milk.
- Fat-free milk includes non-fat, skim milk and 0%.
- Remember, the store can't let you buy a type of milk that isn't on your Shopping List. If you have questions about your milk benefit, talk to your WIC clinic.

CHOOSE THE RIGHT SIZE!

- Make sure you have enough benefits to buy the container size you want.

MILK



1.0 GAL
= 1 gallon



0.5 GAL
= 1 half gallon



0.25 GAL
= 1 quart

EVAPORATED MILK



1 CAN = 12 oz can
(5 cans = 1 gallon)

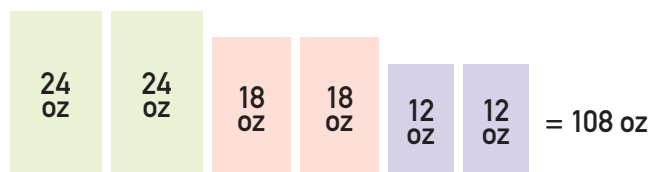
DRY MILK



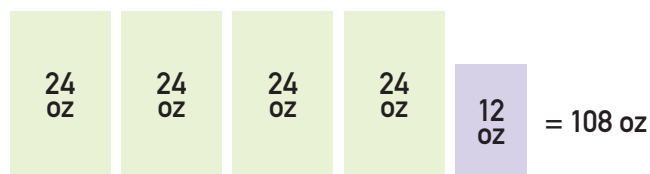
1 CTR = 25.6 oz bag or box
(25.6 oz ctr = 2 gallons)

SHOPPING FOR CEREAL

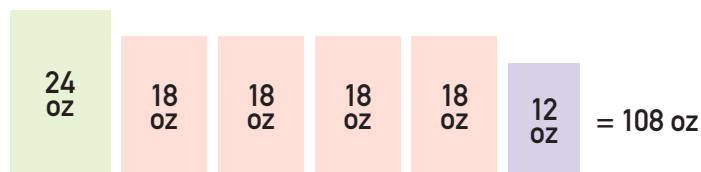
Only choose boxes in sizes from 12 oz up to 36 oz. For example, if your Shopping List says you have **108 oz of cereals**, here are some examples of ways you can combine cereal package sizes to add up to 108 oz:



OR



OR



WICSHOPPER APP

WIC shopping is a little easier with the WICShopper App.

- Download it from your app store.
- Use the cereal calculator to know how many boxes of cereal you can buy with your WIC benefits.
- Keep a photo of your receipt in the app so you'll have it with you for your next shopping trip.

